

Clijsters caps comeback with U.S. Open victory



The world's largest global newspaper

metro



MONDAY, SEPTEMBER 14, 2009

metronews.ca

explore the meaning of life

THE ALPHA

COURSE

STARTS
WED SEPT 16

Check out
Page 6 for
details

WWW.CHURCHON99.COM

Bosco Homes strikes deal to remain open

YOUTH Bosco Homes announced yesterday that it won't be closing all its doors.

The organization reached an agreement with the Ministry of Children and Youth Services to continue operating its group homes for troubled youth in Edmonton, Stony Plain, Parkland County, Innisfail and Ponoka. Bosco Homes' special-needs schools in Edmonton, Stony Plain and Parkland County will also remain open.

According to a release, the Strathcona County Ranch and the Wetaskiwin group home will stay open until December or January, when all the kids there complete their treatment. Then both facilities will be shut down and "assessed for other service uses."

Just last week, Bosco Homes was preparing to close eight group facilities after claiming the government had stopped placing children in the homes.

"We convinced (the government)," said John Watson, president of Bosco Homes. "We locked them into discussion and we came to an agreement."

Watson said he's "very happy" with the agreement, even though the two closures will result in 100 jobs being lost.

CARMEN WALL/
FOR METRO EDMONTON

BBQ

Soldiers get together



Saya Friesen, 9 months, and her dad Maj. Trevor Friesen enjoy the barbecue lunch for the 2,500 troops heading to Kandahar, yesterday at the Edmonton Garrison.

Taking back the streets

Plan aims to fight crime at the grassroots level

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

Edmontonians can and will once again feel safe on city streets if they take control of their neighbourhoods and attack crime at the grassroots level, a group of community leaders say.

The Edmonton Taskforce on Community Safety will appear before council Wednesday to deliver findings and recommendations on how to stop crime before it begins.

"This is a way people can take their power back," said taskforce co-chair Lindsay Kelly.

The group was formed in September 2008 in response to ineffective solutions for quelling street crime, Kelly said, adding though funding was given to programs, little headway was made.

One year later and results are in the Reach Report,

which outlines nine recommendations in a 10-year plan to create a culture of community safety in a city with a dangerous stigma. Integral parts of the plan include prevention, specifically targeting children living high-risk lifestyles without proper parental support.

"We need help now more than ever to get people to collaborate and work together," she said. "We're seeing more children at younger ages turning to crime."

Among the recommendations are plans to work with entire families and provide 24-7 access to help for high-risk people.

"We're trying to get to crime before it starts and create a safer community in one generation, then you need to deal with children and families," she said. "At the grassroots of neighbourhoods, too, there's great power once people become involved and see results."

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3



On the web

VISIT METRONEWS.CA FOR YOUR METRO NEWS UPDATES THROUGHOUT THE DAY

Edmonton fire chief pays tribute to fallen heroes

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

Days after fallen firefighters were remembered in Edmonton, the city's fire chief headed to the nation's capital to pay tribute to similar fallen heroes.

"It's important we reach out to those who have suffered losses and made the ultimate sacrifice," fire Chief Ken Block told Metro yesterday. "Unfortunately, we've had two deaths in Edmonton so far this year." Life-threatening hazards stretch beyond the scope

of smoke and flames, Block said, adding both men died from job-related cancers.

Toxic exposure from combustion-producers and hydrocarbons are directly related to eight cancers firefighters are prone to.

Advancing technologies

and evolving safety is challenging but consistent, Block said. Raising awareness of toxins absorbed through the skin and decontamination is paramount for firefighters to ensure personal safety.

"The industry is really trying to get ahead of the

curve," he added. "But the nature of the profession is that firefighters will be exposed to toxic smoke — there's really no way around that."

Both cancer-stricken fallen members will be honoured in next year's ceremony.



Cadbury

one for me

You could win* \$100,000 for you.

one for you*

And \$100,000 for the charity of your choice.*



Enter Cadbury UPCs online at oneforme.ca or oneforyou.ca



*NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of \$100K + a matching cash donation to a charity of your choice. 203 Instant Win Prizes with ARV's from \$35 to \$1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. *Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc.



MOVE IN EARLY FOR NO EXTRA CHARGE!*

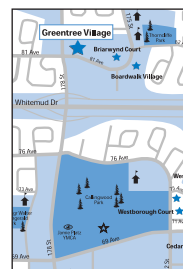


Greentree Village

- 1 bedrooms from \$849

17738-81 Ave.

780-944-9422



West Edmonton Village

- 2 bedrooms from \$899

17311-69 Ave.

780-487-6600

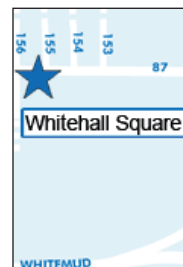


Whitehall Square

- 2 bedrooms from \$899

15503-87 Ave.

780-489-5583



*Available on select suites only on 12 month lease, valid for new move ins from September 1, 2009 to September 30, 2009. Restrictions apply.



www.bwalk.com



Local



illScarlett to perform new tracks

The official preview party for illScarlett's 1UP!, titled SONIC Sessions: Supersized, will feature an intimate unplugged/acoustic performance showcasing tracks off the new record, including several songs that have never been played live by the band. Tickets are \$10.29 each plus applicable service charges, and are available at the Winspear Centre Box Office, by phone at 780-428-1414 (or toll free 1-800-563-5081) or by visiting winspearcentre.com. METRO EDMONTON



Suspect arrested after man waves knife on train

LRT Police arrested a man for allegedly waving around a box-cutter knife on an LRT train early Saturday morning.

Tyler John Hartman, 29, was charged with possession of a dangerous weapon after he allegedly waved the knife inside the crowded train shortly after midnight, before leaving with a male friend at University Station. A short time later an officer arrested him.

Police reported that Hartman was intoxicated at the time. No one was injured. **METRO EDMONTON**

Motorcyclist hurt badly in collision

ROADS A motorcyclist was seriously injured in a collision on Friday night.

The incident occurred at the intersection of 102 Avenue and 139 Street at about 10:30 p.m. The adult male motorcyclist had started to proceed into the intersection when a Honda Accord attempting to make a left turn allegedly plowed into him.

The motorcyclist was taken to hospital for serious injuries, including a fractured pelvis, and remains in stable condition.

Police are investigating but no charges have yet been laid. **METRO EDMONTON**

Garrison bids troops farewell

Barbecue for 2,500 soldiers headed to Afghanistan

CARMEN WALL
for Metro Edmonton

Hot dogs, bouncy houses and live music typically mean "celebration," but yesterday's festivities at the Edmonton Garrison marked a farewell.

Starting this week, 2,500 troops from CFB Edmonton will leave for a six-month tour of Afghanistan. Canadian Forces threw a barbecue lunch to acknowledge the soldiers' hard work, and to show their dedication to military families.

Many local businesses donated their services for the event, and country musician Ty Roberts performed pro bono.

"It's absolutely essential to have events like this," said Col. Andre Corbould. "We want to show the families (that) they're our priority."

Pamela Loewen has dealt with separation before; her husband, Master Cpl. Edward Loewen, has been on previous missions to Cyprus and Asia, but this is his first tour in Afghanistan.



Ty Roberts entertains more than 2,500 troops and their families yesterday at the Edmonton Garrison at the barbecue lunch for the troops heading to Kandahar.

"You align yourself to it," she said while watching her three-year-old son, Eric, and one-year-old daughter, Cassidy, pet animals at the petting zoo.

"The first week is pretty traumatic, then after that (the kids) get used to it and so do you. The week before they come back you get really excited again, and when he gets home it's like he hadn't even left."

Jason Schire said he'll surround himself with friends and family to cope with his wife's first deployment, plus he'll have his hands full caring for his two-year-old son, Anderson.

The soldiers get a three-week vacation halfway through their tour, and the Schire family plans to go scuba diving in India.

The garrison has support

programs onsite to help families cope with the separation.

m.metronews.ca



Scan this barcode for more Local news on your smartphone. Learn how to scan the barcode with the instructions above

Safeway employees vote to accept previously rejected contract

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

LABOUR Safeway workers who have spent the past week picketing outside their north-end distribution centre went back to work last night.

Union members voted late Saturday to accept a contract they originally rejected.

Roughly 70 per cent of employees voted to go back to work in the warehouse, and roughly 65 per cent voted to head back to work at Lucerne Ice

Cream.

Workers accepted a contract that includes a \$2.65 pay rate increase over the next three years.

The contract also guarantees no full-timers will be dropped to part-time status.

Employees couldn't

avoid the hotly debated impending shift from a 37- to 40-hour work week.

Over 200 replacement workers hired during the week of the strike have been fired, though Safeway officials are reportedly pleased with work from the temps.

Man braves 3 days in tree for chance to win cash

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

CONTEST He lived in a tree for three days, dodging hurled tomatoes, combating hallucinations and listening to screams in the night, all for a chance to win \$40,000.

"I'm going to look like a yeti when I'm done," Kirk Ryan said yesterday, perched on a branch of the tree he lived in for 72 hours.

The 19-year-old lifeguard climbed down at 7:40 yesterday morning, and earned a chance to win thousands in 100.3 The Bear's Really Tough Contest.

This year's contest is in its infancy, but organizers have already subjected one contestant to drinking a pint of his body's own genuine draft.

Though Ryan said he wasn't sure what he was agreeing to when he greenlighted his spot in the contest, he doesn't have any regrets.

"I've got a few bruises on my hands, but I don't care. People have come by just to look at me. I just tell them to have a good gawk," he said with a laugh.

Last year, one contestant drank his own blood and another was sprayed in the face with bear mace. The winner was a woman who had been covered from head to toe in hickies.

metronews.ca

WHAT'S ONLINE TODAY

Immigration Guidy Mamann on how to re-enter Canada after receiving a removal order at metronews.ca/immigration

Lotteries

Friday, Sept. 11
Lotto Super 7:14, 19, 23, 28, 32, 40 & 46. Bonus 17.
Saturday, Sept. 12
Lotto 6/49: 3, 12, 13, 36, 46 & 48. Bonus 9.
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Hawrelak Park In Terry's memory



Leslie, Gord and Hunter King, 2, take part in the annual Terry Fox Run yesterday at Hawrelak Park.

**ARE YOU WILDLY ENERGETIC,
CREATIVE AND LOVE
TO MEET NEW PEOPLE?**

WE WANT YOU!!!

**WE NEED STREET PROMOTERS TO DISTRIBUTE
NEWSPAPERS TO MORNING COMMUTERS**
Great Wage • Meet New People • No Experience Needed



If you are interested in joining the street promotions team, please email your resume to mhillman@thinkboxnational.com

A southern Ontario man prosecuted for smuggling rare rattlesnakes has been badly bitten by the law on both sides of the border. Emanuele Tesoro has received a \$5,000 US fine and a three-year conditional discharge from a county judge in Lockport, N.Y. He has already drawn \$6,000 in fines and 90 days in jail in Canada for smuggling. **THE CANADIAN PRESS**

Canada



Manifesto draws controversy

Thousands of people gathered on the Plains of Abraham in Quebec City yesterday for a commemoration that became controversial over the inclusion of the FLQ manifesto. The document, read by singer Luck Mervil, left, was broadcast nationwide during the October Crisis by pro-independence kidnappers as a list of demands in exchange for the return of a captured British diplomat. **METRO NEWS SERVICES**

Ottawa's eyes on the scribes

War correspondents covering Canada's efforts in Afghanistan have many faithful followers, but none more faithful than their own government.

Documents obtained by The Canadian Press detail how carefully reporters embedded with the military at Kandahar Airfield are monitored by officers in the field. The reports are then circulated widely to officials back in Ottawa.

The records, obtained under Access to Information legislation, show that what reporters are asking about, what they are writing and what they have been told is the subject of regular briefing notes shared with everyone from officers in Kandahar to commanders in Ottawa to

m.metronews.ca



Scan this barcode for more Canada news on your smartphone.

Learn to scan the code at the top of page 3

civilian officials reporting to the prime minister.

At least six agencies receive the briefing notes, including the Ottawa headquarters of the Afghanistan task force. Public affairs officers in Kandahar and their civilian counterparts are often the only ones embedded reporters can ask for interviews or information. The notes show some interviews are either approved or denied by the Privy Council Office.

THE CANADIAN PRESS

Regina Mountie memorial



RCMP Corp. Natasha Szpakowski, the widow of Const. Marc Bourdages, brought the couple's son Luca, in uniform, to the RCMP national memorial service in Regina yesterday. Bourdages was shot and killed after a chase on the back roads of rural Saskatchewan in July 2006.

Government could fall as early as Friday, sources say

POLITICS A critical vote that could bring down the minority Conservative government has been tentatively scheduled for next Friday, sources tell The Canadian Press.

The Ways and Means Motion is usually a routine matter signaling an impending vote on a budget bill, but it might very well trigger an election. Conservative sources say the vote will likely be introduced on Sept. 18, and must be voted on immediately.

A spokesman for Government House Leader Jay Hill said meanwhile that "the final timing decision has not yet been definitely made."

The Liberals have said they will no longer support the Conservatives, and the Bloc Quebecois seems ready to hit the campaign trail. That leaves the NDP to decide the fate of Parliament, and its members are sounding skeptical about the chances of a compromise. **THE CANADIAN PRESS**

News in brief

WILDLIFE Legal experts say a recent Federal Court ruling on a little-known B.C. fish could affect how the federal government manages endangered species. Several environmental groups, including the David Suzuki Foundation, challenged

the Fisheries Department in Federal Court over its management of the Nooksack dace, decrying the decision to not include the location of the four streams where the fish lives in a recovery strategy for the species. **THE CANADIAN PRESS**

OPEN HOUSE

WEST EDMONTON MALL

Wednesday, September 16th
2 pm to 8 pm

EDMONTON DOWNTOWN

Thursday, September 17th
2 pm to 8 pm

EDMONTON SOUTH

Saturday, September 19th
10 am to 4 pm

Career Programs in...

Healthcare / Pharmacy
Accounting / Payroll
Legal / Office Administration
Business Administration
Web Design
Information Technology
Hotel & Tourism Management and more!

Call Today,
**START
TRAINING
Right Away!**

Financial Assistance may be available to those who qualify.

Edmonton Downtown (780) 424-1144

#301, 10205 - 101 Street

Edmonton South (780) 433-7284

#154, 6325 Gateway Boulevard

West Edmonton Mall (780) 496-9428

#1434, 8882-170 Street



**Academy
OF LEARNING**
Career and Business College

www.academyoflearning.ab.ca

CONTEST RUNS SEPTEMBER 14-30, 2009

WIN BIG

at HUB Mall
and we'll show you the **CASH!**

1st

**\$750 Tuition Voucher, \$200 Textbook Voucher
& \$100 Cookies by George Gift Card**

(\$1,050 Value) (Compliments of HUB Merchants & the U of A Bookstore & Cookies by George)

2nd

**\$750 Tuition Voucher &
\$150 Subway Gift Card**

(\$900 Value) (Compliments of HUB Merchants & Subway)

3rd

**Shopping Spree at Stylistics Hair Group,
Digital Photo Frame, \$120 Edo Japan Gift
Certificates & \$60 Hudsons Gift Certificates**

(\$600 Value) (Compliments of HUB Merchants, Stylistics Hair Group, Edo Japan & Hudsons)

4th

**Eye Wear Package, \$150 Subway Gift
Card & \$200 Hudsons Gift Certificates**

(\$475 Value) (Compliments of Bijan Optical, Subway & Hudsons)

5th

**Eye Wear Package, \$200 Hudsons Gift
Certificates & Deluxe Poker Set**

(\$400 Value) (Compliments of HUB Merchants, Bijan Optical & Hudsons)



Contest open to any full-time U of A student.
Entry form pickup & drop-off at room
#209 HUB Administration, Mon-Fri between
9 am-3 pm. Limit of two entry forms per person.
Draw on September 30, 2009 at 3 pm sharp!
Prizes must be accepted as awarded and
cannot be traded for cash. Call 780-492-2241
for details or go to www.ualberta.ca/hubmail

HUB Mall Convenient Campus Shopping

Are you still overpaying For your Home Phone Line?

ALL FEATURES FREE!

- Caller ID
- Call Forwarding
- Keep Your Existing
- Voicemail
- Call Waiting
- Phone Number



ENHANCED	UNLIMITED CANADA	ONE-RATE	UNLIMITED INDIA
\$14.95 /MONTH UNLIMITED LOCAL CALLING	\$19.95 /MONTH UNLIMITED CALLING TO CANADA	\$29.95 /MONTH UNLIMITED CALLING TO CANADA & U.S.A.	LIMITED TIME OFFER! UNLIMITED Calling to INDIA
 ✓ ALL FEATURES FREE	 ✓ ALL FEATURES FREE	 ✓ ALL FEATURES FREE	 ○ All Features FREE ○ UNLIMITED calling to Canada & USA + 25 countries ONLY \$19.95 /MONTH



3 Handset Cordless Phone System



FREE

Cordless Phone System with
your Comwave Home Phone

- Interference free
- Speaker Phone
- VoiceMail Indicator
- Caller ID/Call Waiting



WHY PAY MORE to call your friends and family overseas?



Latin America

Colombia.....	3.9 ¢
Ecuador.....	12.9 ¢
Guatemala.....	10.9 ¢
Guyana.....	27.9 ¢
Honduras.....	15.9 ¢
Trinidad.....	7.9 ¢



Middle East

Egypt.....	14.9 ¢
Iran.....	3.9 ¢
Syria.....	18.9 ¢
Lebanon.....	9.9 ¢
Saudi Arabia.....	3.9 ¢
U.A.E.....	16.9 ¢



South Asia

Afghanistan.....	24.9 ¢
Bangladesh.....	3.9 ¢
Bhutan.....	15.9 ¢
Nepal.....	7.9 ¢
Sri Lanka.....	11.9 ¢



No Matter What
Country You Call,
No Matter What Rate
You Pay,
Comwave Will Beat
it... **Guaranteed!**



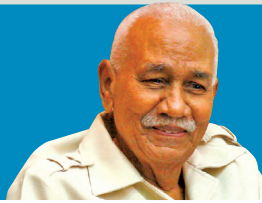
780-665-1818

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 Cents per minute to India is based on a monthly plan of \$10/month for 355 minutes. Unused minutes do not roll over to the following month. Excess minutes will be billed at a rate of 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Rate of 19.95 for unlimited calling to India is a promotional rate available for the first three months, after three months the rate is 44.99 per month. The Global Home Phone plan and Unlimited Calling to India are limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. By accepting the free cordless phone set, you are agreeing to a 3 year term and agree to waive the Satisfaction Guarantee period. Coupon must be redeemed in 120 days from date of activation. Terms and conditions apply, see www.comwave.net for details.

The U.S. military says a civilian contractor was shot and killed on an American base in Iraq yesterday. **THE ASSOCIATED PRESS**

World



Cuban VP mourned

Tens of thousands of Cubans lined up yesterday to pay their respects to Juan Almeida Bosque, left, a vice-president and hero of the country's 1959 revolution whose death at 82 further thinned the ranks of the communist-run country's old-guard leaders.

THE ASSOCIATED PRESS

Dozens dead after Kazakhstan fire

ALMATY Fire roared through a drug treatment centre in Kazakhstan with a history of safety violations, killing 37 people as patients tried to escape through barred windows, officials said. The blaze broke out late Saturday and quickly spread through the single-story Soviet-era building. About 40 people were evacuated from the building, emergency officials said.

At the city morgue, a sister of one of the victims berated police.

"They came and took him away because he was drinking too much. They said they were taking him away for six months to cure him of alcoholism but now he's dead," she wailed.

There have been almost 10,000 fires in Kazakhstan in the first eight months of 2009, according to government statistics.

THE ASSOCIATED PRESS

'The man who fed the world' dead at 95

Agricultural scientist Norman Borlaug, the father of the "green revolution" who won the Nobel Peace Prize for his role in combating world hunger and saving hundreds of millions of lives, died Saturday in Texas, a Texas A&M University spokeswoman said. He was 95.

Borlaug died Saturday night at his home in Dallas from complications of cancer, school spokeswoman Kathleen Phillips said. Phillips said Borlaug's granddaughter told her about his death. Borlaug was a distinguished professor at the university.

The Nobel committee honoured Borlaug in 1970 for his contributions to high-



Nobel Peace prize winner Norman Borlaug talks in this 2005 file photo.

yield crop varieties and bringing other agricultural innovations to the developing world. Thanks to the green revolution, world food production more than doubled between 1960 and

1990. In Pakistan and India, two of the nations that benefited most from the new crop varieties, grain yields more than quadrupled over the period.

"Norman E. Borlaug saved more lives than any man in human history," said Josette Sheeran, executive director of the UN World Food Program. "His heart was as big as his brilliant mind, but it was his passion and compassion that moved the world."

THE ASSOCIATED PRESS

m.metronews.ca



Scan this barcode for more World news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Israel, U.S. hoping for middle ground

MIDDLE EAST Israeli Prime Minister Benjamin Netanyahu, speaking on the eve of a key meeting with the White House Mideast envoy, said yesterday that differences remain with the U.S. over resuming peace-making with the Palestinians. Netanyahu delivered the assessment before flying to Cairo for talks with Egypt's president, a main mediator in efforts to restart peace talks. Today he is scheduled to meet George Mitchell, U.S. President Barack Obama's envoy. The Obama administration, with Mitchell as the point man, has been pressing Israel to declare a halt to construction in its West Bank settlements. Palestinians claim the West Bank as part of their future state. Ne-

Peace possibilities

• One possible scenario was published yesterday by the Israeli daily Haaretz. It quoted unnamed European diplomats as saying negotiations would concentrate on drawing a border between Israel and a Palestinian state.

tanyahu, whose Likud Party is ideologically committed to expanding settlements and holding on to the West Bank, has been bargaining for a compromise that would allow some building to continue.

Palestinians are insisting they will not resume peace talks until Israel completely stops its West Bank construction. **THE ASSOCIATED PRESS**

THE ALPHA

COURSE

STARTS WED SEPT 16
2 LOCATIONS:

U of A Campus @ 6pm
Education Building North
4th Floor Lounge
(For Students)

Church on 99 @ 6:30pm
9910-76 AVE

explore the meaning of life

WHAT'S MY PURPOSE?
WHAT ARE WE DOING HERE?
IS CHRISTIANITY REAL?
WHO IS JESUS? WHY DID JESUS DIE?

To register or for more info call (780)424-8724

www.churchon99.com

CANADA'S BIGGEST CAMPUS PARTY

campus★chaos

FRIDAY SEPTEMBER 25
NORTHLANDS AGRICOM

DO YOU WANT TO MEET HINDER, LIL JON & BIF NAKED?

YOU COULD WIN!

- ★ Meet & Greet with HINDER, LIL JON & BIF NAKED ★
- ★ Tickets for you and a friend to Campus Chaos ★
- ★ and a Campus Chaos CD package! ★

ENTER FOR YOUR CHANCE TO WIN!
metronews.ca

campuschaos.ca

Budweiser Kokanee BEAR Sausage VUE WEEKLY metro 104.5 THE JAZZ HALL OF FAME 104.5 AXE & trixstar

EDMONTON

Publisher, Steve Shroat
Managing Editor, Harry Hodge

Sales Manager, Cheryl Skogg
Distribution Manager, Jim Hillman

METRO CANADA

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Link
Asst Managing Editor, Amber Shortt

Art Director, Laila Hakim
National Sales Director, Peter Bartram
Interactive/Mktg Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Are you change-ready?

HineSight

Anne Hines

metronews.ca/hinesight

Today I find myself contemplating one of the great truths of existence. The only real constant in life is this: everything changes.

In mid-September, change is everywhere. Leaves turn colour, kids are back at school, life returns to normal. This week I head back to college, completing my training to become a United Church minister. Returning to school in my forties was a huge life change. I knew there would be people in my class who were younger than me. I just didn't realize they would be the teachers.

What's really got me thinking about change is that, recently, I swapped my simple, straightforward, I-love-you-and-just-want-to-make-your-world-a-happier-place word processing program for one that's complex, confusing and appears designed to ensure that whatever I do is accomplished with the greatest possible effort...and cursing.

In computer terms this sort of change is called "an upgrade."

Experts tell us we should, "Approach change in a calm, rational manner, anticipating advantage and welcoming new challenge." They should add, "Also, you should learn to fly."

The fact is, most humans react to change in a similar way.

We don't like it. The only thing we like less than things changing, in fact, is things not changing. Change= hysterical worry-

SunnySide

ing about what life will look like now. No change= total, mind-numbing boredom leading to the devout wish to chew ones own arm off. Bottom line: it sucks to be us.

In order to help readers handle whatever change September brings, here's a handy questionnaire.

"How Change-ready Are You?"

1. Your boss announces a new program of "internal systems restructuring." Do you:

a) Anticipate updating your skills.
b) Anticipate updating your resume.

2. When faced with significant change do you see it as:

a) An exciting opportunity to explore interesting new ways of being.

b) An exciting opportunity to explore interesting

new medications.

3. Change is simply nature's way of:

a) Effecting necessary renewal.

b) Making us all totally crazy.

4. Those best equipped to profit from difficult life changes are:

a) Confident, realistic people.

b) Divorce lawyers.

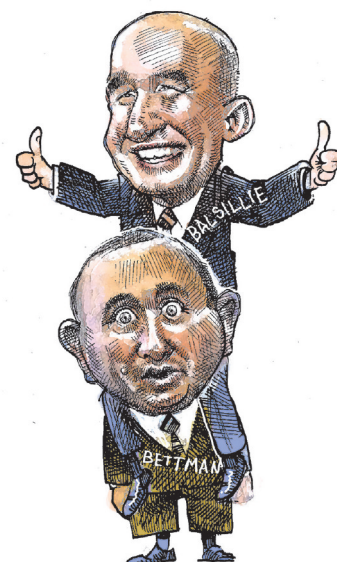
5. To be assured that some things endure and never change, you have only to look at:

a) The deep, abiding spiritual wisdom of the mystics.

b) Those extra five pounds on your hips.

If you answered mostly a), you're well equipped to handle change. If you answered mostly b), you are well equipped to end up hiding under the bed.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Worth mentioning

Latest Body Worlds gets a big rise out of Germany

NUDITY German anatomists plan a new show dedicated solely to dead bodies having sex as part of the Body Worlds exhibitions.

"It's not my intention to show certain sexual poses. My goal is really to show the anatomy and the function," Body Worlds creative director Angelina Whalley told Reuters in an interview, adding the sex exhibition may open next year.

Body Worlds exhibitions, visited by 27 million people across the world, have been criticized for presenting entire corpses, stripped of skin to reveal the muscles and organs underneath, in lifelike and often theatrical positions.

The exhibit has already triggered an uproar with a new exhibit which shows



just two copulating corpses.

German politicians called the current "Cycle of Life" show charting conception to old age "revolting" and "unacceptable" when it showed in Berlin earlier this year because it included copulating cadavers.

Body Worlds has been well received in other areas but Whalley said they would consider clothing body parts if requested to.

REUTERS

Views

Obstructionists jam up new transit route

InTransit

Brian Gould

metronews.ca/gould

In 2008, the Transportation Department preferred routing the West LRT line along 87 Avenue and across the river to Health Sciences. The line, implicitly, would have used high-floor cars and continued on to NAIT or Clareview.

In 2009, the Transportation Department now prefers turning up 156 Street at Meadowlark to run down Stony Plain Road into downtown. The line, explicitly, is to use low-floor cars and continue to Mill Woods.

Make no mistake, this was a political decision. Lit-

tle has changed except the metrics for making the decision — produced, unsurprisingly, by council. Political meddling in minutiae can be problematic, but a decision between two options so completely different in approach can't be made any other way.

The 2008 route was faster to downtown and faster yet to the University of Alberta.

By creating a river link to take a more direct path to downtown than any road, the 2008 route would have converted drivers through sheer speed.

The 2009 route, by contrast, serves more neighbourhoods with more stations.

It facilitates a transit-supportive, mixed-use, human-scaled environment.

By giving priority to transit, the 2009 route will convert drivers by provid-

ing rapid transit access and urban amenities outside of downtown.

The downsides follow from the upsides. The 2008 route doesn't connect as many places where mixed-use could succeed, while the 2009 route looks to be slower than existing service for many passengers between LRT stations west of Meadowlark and south of the river.

Of course, some things never change.

The 2008 route upset some residents of Laurier Heights and Parkview — home to Daryl Katz, among others.

The 2009 route upsets the Glenwood community league, which has, ironically enough, accused the city of bowing to community pressure.

In addition to neighbourhoods, the 2009 route passes through the commercial

strip along Stony Plain Road. There's some early indication of opposition from, of all people, a property management company president. Presumably he doesn't know rail transit lines increase property values or believe the city will relax zoning restrictions. On the latter I'm concerned as well — if they don't, this route will be a huge flop.

It's nice to hear that they want to reallocate existing street space rather than expropriate properties. It's great that one of the major criteria for changing the routing was redevelopment potential. But in order to make this all work, the city will have to deal with the obstructionists.

Brian Gould is a transportation planner and has served in a variety of roles with the Transit Riders' Union of Edmonton. He's committed to being car-less and is a vocal critic of auto-centric planning; edmontonletters@metronews.ca.

We Know What You're Thinking

69%

The number of Canadians who say they trust the news media



IPSOS REID

Tell us your views by email to edmontonletters@metronews.ca or comment on metronews.ca or on Twitter @metroedmonton

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Students at the University of Winnipeg will have to stock up on reusable bottles as they head back to class this month. The school has banned the supply and sales of bottled water — the first school in Canada to do so. **METRO NEWS SERVICES**

Going Green

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONews.CA



Did you know?

Bottled water is a \$100-billion industry annually, while tap water is more heavily regulated and is virtually free — up to 10,000 times cheaper, the Earth Policy Institute says.

METRO NEWS SERVICES

Water, water everywhere — or is it?

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

It's 1 a.m. and I am awakened by the sound of a running toilet. Laying there listening to the water trickle endlessly, I remember that the baby's diapers need to go in for another wash cycle. Then I try to remember if I paid the unusually large water bill from filling the pool this summer. And there's something else nagging at the back of my mind — oh, yeah,

we're supposed to write about water conservation.

Canada is a fairly wet country. Lakes, reservoirs, and streams cover about seven per cent of our total land surface area. Most Canadians live near a body of water — in fact, most live near the shores of the Great Lakes and St. Lawrence River. Standing on the shore of Lake Ontario it is hard to imagine water as a finite resource. When we turn on the tap, water comes out. What's the problem?

At home, the greatest challenge is providing access to clean and safe drinking water. The needs of people for drinking water compete most strongly with the needs of agriculture for irrigation, and to a lesser extent, the needs of

industry. In fact, around the world, 70 per cent of water extracted for all uses goes to agriculture. When the water is returned through drainage to streams or seepage to aquifers, it is often polluted. The pool of freshwater that can safely be consumed



is shrinking while the population's need for water is growing.

So, what do we do? In wealthy countries, we have two options: Treat water, removing these pollutants, or abandon our polluted freshwater sources and turn to the sea. Water treatment is an energy-intensive enterprise, desalination even more so. So, treating and conserving our freshwater it is. Energy conservation has reached our collective consciousness, but we fail to make the connection between water conservation and energy conservation. We will only appreciate the importance of conserving water when we understand where our water comes from and what the economic and environ-

"When we turn on the tap, water comes out. What's the problem?"

mental costs are.

Beyond our borders, access to safe drinking water cannot be taken for granted. Lack of infrastructure and high energy costs may discourage the treatment of drinking water. The most recent United Nations World Water Report finds that "physical and economic water scarcity and limited or reduced access to water are major challenges facing society and are key factors limiting economic development in many countries." The report also finds that we are not on track to meet the

U.N.'s goal of improved sanitation for most of the world's population. These two factors set the stage for a global water crisis.

Economic development and epidemic prevention in the world's poorest countries, then, requires improved sanitation coupled with conservation practices. Where do we fit in? Obviously, we can provide aid such as capital for infrastructure projects. We can also play a role as consumers. We need to educate ourselves and avoid imported food products that are water resource intensive — that includes bottled water. And I need to fix my toilet.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com.

Powerful Performance Today with Tomorrow in Mind.



LESS ENERGY

Tide® Coldwater

Brilliant cleaning at lower temperatures.

Cascade® ActionPacs

Sparkling clean dishes using the energy saving cycle.

Duracell® Pre-Charged Rechargeables

Energy Efficient.

Long-Lasting Power.*

*Stays charged longer, recharge less, when not in use, vs. standard NiMH cells.



LESS WASTE

Ultra Downy®

35% less plastic per bottle.†

† vs. non-concentrated Downy.

Bounty® Select-a-Size

Strong sheets, 45% smaller than a regular Bounty sheet.



I'M THINKING

Future Friendly

Discover what other steps you can take at: futurefriendlybrands.ca

The shower test

Worried your shower head isn't up to eco-friendly snuff? Try this test: If your shower can fill a two-litre jug with water in less than 10 seconds, you need a new shower head, the David Suzuki Foundation suggests. **METRO NEWS SERVICES**

going green **9**

Feeling vulnerable to sea level changes? The world's lowest-lying nation, the Maldives, is instituting a \$3-a-day green tax on tourists to help fund its ambitious climate change policies.

A \$3-a-day paradise

CREATIVE POLICY The president of the Maldives said he plans a \$3-a-day green tax for all tourists at its popular island resorts to help pay for the country's fight against climate change.

President Mohammed Nasheed announced the plan amid fears that within a century, rising ocean levels could swamp this Indian Ocean archipelago. Its islands average 2.13 metres above sea level, making the Maldives the lowest-lying nation on Earth.

He also announced plans for a fund to buy a new homeland if the 1,192 low-lying coral islands are submerged. He also has promised to make the Maldives

the world's first carbon-neutral nation within a decade.

"But the core point is, there's hope. It's not doomed," he said. "We can reverse the situation."

The country's financial constraints have kept the government from moving forward with its plan to become carbon neutral, as it awaits foreign investors willing to pay for green development projects.

The \$3-a-day green tax for tourists will be introduced in an effort to make some progress on funding, Nasheed said. The country's tourism ministry says 683,012 tourists visited in 2008.

THE ASSOCIATED PRESS

10 easy ways to save water

2 A low-flow shower head reduces consumption by 25 per cent or more.

3 Switching to a high efficiency toilet to cut the total flush by 40 or 50 per cent. Many municipalities will cover part of the cost.

4 When hand-washing dishes use a partly filled sink. When washing fruits and vegetables use a sink or bowl. A spray attachment is an economical way of rinsing.

5 Save your dishwasher for full loads.

6 Letting the tap run until the water is cold is bad for everyone. For

drinking, keep a container of water in your fridge.

For the garden

7 During warm weather, lawns and gardens need the equivalent of 5 mm of rainfall — no more. Less is required when it's cool.

Brooms

8 sweep driveways better than hoses — it prevents soil, grit and debris from entering our water system.

Green your laundry

9 Are those clothes in the hamper really dirty? Consider wearing the garments one more time before washing them.

10 Front-loading high-efficiency washing machines use much less energy and water than conventional top-loading machines.

NEWS CANADA



Fix a leaky tap to save water and make a world of difference.

ADVERTISING FEATURE

Canada's #1 Business & Investment Coach Says: "The rules for making money have changed!"

by James Ryder

EDMONTON — "The rules for making money have changed dramatically in the last two years," says Raymond Aaron, Canada's #1 business and investment coach. "But what is most profound is how they've changed," says Aaron. "For the first time in history, to be a successful entrepreneur, business owner, investor, manager or employee... the knowledge required is now the same!"

Aaron goes on to say that in the past, the knowledge and skills required to be a success in each of these five career areas was very different. But now they are virtually identical. A bit puzzled, I asked Aaron to give an example.

"Sure," he said. "Let's look at the skill of recognizing profitable opportunities. This skill was once the domain of entrepreneurs and serious investors. But no more. To prosper in 2010 and beyond, everyone will need this skill — managers, employees, business owners and even small-time investors. Without this skill, your business may not

survive; you may lose your job and never find another one, or if you're lucky, you'll find one that pays half of what you make now."

"Does this mean that entrepreneurs and serious investors have nothing new to learn about recognizing profitable opportunities?" I asked.

"NO! Quite the contrary," he responded. "Everyone has to learn the new rules. I call them Knowledge Economy Secrets. If you're an entrepreneur or serious investor, you're going to have to learn most of what you know because it doesn't apply any more."

Aaron revealed how he discovered how much the rules had changed. "Early last year, I made a business investment decision based on the 'old rules' — the rules that have made me millions over the past 24 years. But not this time. The rules changed and I got caught. That woke me up and I identified the first Knowledge Economy Secret.

Once you understand its "New Rules," this one secret alone could save you from making a

huge mistake.

"And it gets better," says Aaron. "Understanding and applying this one Knowledge Economy Secret could make you very rich in as little as 3 years!"

And that's just one Knowledge Economy Secret. Aaron has actually uncovered 15 of them. Aaron says he can't predict when the recession will end, nor can he predict if we're headed for a boom or a depression.

"It doesn't matter," he says. "Why? Because all 15 Knowledge Economy Secrets work no matter what the economy is doing. In fact, some of them do even better in a recession! Uncovering the 15 Knowledge Economy Secrets has been one of the most exhilarating experiences of my life. And I want to share them with everyone I can."

If you get the opportunity to hear Raymond Aaron speak, I urge you to attend. His passion is very real and what he has to say may change your financial future.

Professional Sales & Installation Service



Shower Doors
Swing Doors
Sliding Enclosures
Custom Doors
Seamless 10mm Glass
Door & Panels

Mirrors
Standard
Oval
Bevelled
Closet Bi-folds



Closet Shelving
Wire Shelving
Custom Melamine Design
Kitchen Pantry

Garage Storage
Garage Cabinets & Workbenches
Overhead Storage
Parking Aids
Tire Racks & Workstations
Wall Storage

17313 - 107th Ave
780.469.2224



Service Directory

To advertise call 780-702-0592

FINANCIAL

\$500\$ loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660

HEALTH & WELLNESS

WELLNESS MASSAGE
780-710-Heal (4325)
#903
11834 Kingsway Ave.
(RAMADA HOTEL)

HOME SERVICES

Overhead & Garage Door SERVICES
Robert's Doors
780-707-3706
RESIDENTIAL COMMERCIAL FREE ESTIMATES

Discover How to Get Rich in 17 Months or Less!

FREE Seminar by Raymond Aaron, Canada's #1 Business and Investment Coach Reveals the New Ways to Prosper in any Economy!

When you attend the seminar, you will discover...

- ✓ A step-by-step system to get more done with less time and energy... and even increase your cash flow with less effort!
- ✓ The 3 Forces propelling today's Knowledge Economy and how you can create a fortune with just one of them!
- ✓ The Myths of today's Knowledge Economy and why believing them will keep you broke!
- ✓ The exact secret to unlocking the gate to abundance in your life... and how to keep it flowing consistently!
- ✓ The characteristic wealth skill that the rich use to create and maintain their fortunes — and how you can acquire this!
- ✓ How to break out of your financial rut and use today's Knowledge Economy to your advantage!
- ✓ Plus much, much more!



Raymond Aaron
"Canada's #1 Business and Investment Coach"

What People Are Saying...

"I acknowledge and appreciate the time you took to do your research. The end result of your work and effort is educating me with cutting edge knowledge."

— Iris Koshman, Edmonton, AB

"Raymond's multi-media approach to presenting the New Economy was quite remarkable and a great learning tool for us all to see."

— Michael Sampson, Vancouver, BC

"I was inspired by the explanation of the New Economy as compared to the Old Economy. Computer illustrations were fantastic."

— Sam Schiavello, Toronto, ON

SPECIAL BONUS PRESENTATION
Introduces You to the HOTTEST New Trend on the Internet! UNLIMITED VALUE!

Seating is Limited so **CALL NOW** To Reserve Your Seat!

CALL 1-800-286-8523 ext. 73

EDMONTON

Tuesday, September 22
1:00 pm & 7:00 pm
Hilton Garden Inn West Edmonton
17610 Stony Plain Road

EDMONTON

Wednesday, September 23
1:00 pm & 7:00 pm
Greenwood Inn & Conference Center
4485 Gateway Boulevard

This event is produced by BBT Events, a division of Business Breakthrough Technologies Inc. (BBT). BBT has been helping Canadians "turn financial dreams into reality" since 1988. Attendees will be offered to purchase additional materials at the event. Speakers are subject to change without notice. Registering for this event constitutes your permission for us or a related company to contact you regarding related information and events via mail, email, fax and telephone. © 2009 BBT INC.

Technical workers at Jazz Air have ratified a new three year contract that provides a six per cent pay increase over the three years. The roughly 900 workers, represented by the Canadian Auto Workers, approved the deal by a margin of 61 per cent. **THE CANADIAN PRESS**

Business

DOLLAR

US **92.71¢**
(Friday's close)

GAS

US **\$2.96**
(Friday's close)

OIL

US **\$69.29**
(Friday's close)

TSX

11,253.23
(Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bankruptcies fall 5.4% from June

The number of bankruptcies in Canada rose by more than a third in July compared with the year earlier, the latest figures show. But the number fell slightly from June.

Some observers say the data from the Office of the Superintendent of Bankruptcy, released yesterday, show that the tide of insolvency swamping Canadian households is easing, a sign

that the worst of the recession may have passed.

Others said the slowdown was typical of midsummer.

There were 10,726 personal and business bankruptcy filings in July, up

from 7,908 a year ago, the report showed. That's an increase of nearly 36 per cent.

Bankruptcy filings were down 5.4 per cent in July from 11,338 in the previous month. The overwhelming

majority of filings were by consumers. In July, 10,294 consumers went bankrupt, up 38.1 per cent from a year earlier, but down 4.9 per cent from the previous month.

TORSTAR NEWS SERVICE

m.metronews.ca



Scan this barcode for more Business news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

Start Saving Your Money Now.

InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 20 of the top insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance – and it's completely FREE to use. So what are you waiting for?



COMPARE OVER 20 QUOTES in minutes at InsuranceHotline.com

Road bump Tire tariff irks China



A woman with car accessories passes by a tire store in Beijing yesterday. U.S. President Barack Obama's decision to impose trade penalties on Chinese tires has infuriated Beijing at a time when the U.S. needs Chinese help on climate change, nuclear standoffs with Iran and North Korea and the global economy.

U.S. firm acquires Canadian bomb disposal tech company

TAKEOVER Allen Vanguard, a financially troubled Ottawa-based maker of bomb disposal technology, has been acquired by a U.S. private equity firm in a weekend deal that also recapitalizes the company and keeps it operating, but wipes out the value held by current shareholders.

Allen-Vanguard announced Saturday it had reached a deal that will see it become a 100 per cent-owned affiliate of investment partnerships managed by Versa Capital Management Inc., a

Philadelphia-based private equity investment firm.

Versa will provide both equity and debt capital to Allen-Vanguard, which has been struggling to recapitalize as it copes with a massive debt load and looming credit payments.

In the transaction, the Ottawa company's banks will also cut some of the debt they're owed and provide a new multi-year credit agreement that will give the company financial flexibility to pursue its business plan.

THE CANADIAN PRESS

New magic for Disney

RENOVATION Walt Disney World will embark on a facelift for the Fantasyland area of the Magic Kingdom, in what the resort calls the biggest overhaul in the Florida theme park's 38-year history.

New plans call for adding a lavish ride based on The Little Mermaid, expanding the Dumbo children's attraction and new interactive areas featuring all of Disney's most popular princesses.

In addition, Disney says it plans to update Star Tours, the Star Wars-themed simulator ride in Disney's Hollywood Studios, with new 3-D effects. The refurbished Star Tours will debut in 2011. The Fantasyland overhaul will be complete by 2013.

THE ASSOCIATED PRESS

Business in brief

BITTER TASTE The chairman of U.K. candy maker Cadbury PLC says Kraft Foods is a low-growth conglomerate whose takeover offer undervalues his company. Roger Carr laid out his opposition to Kraft's bid in an open letter Saturday to Kraft CEO Irene Rosenfeld. Kraft issued a cash-and-stock offer originally valued at \$16.7 billion US for Cadbury last week.

THE ASSOCIATED PRESS

This way to Your Financial Success

Participate in our Real Estate based Investment Program!

Making Richer Lifestyles with Non-Leveraged Investments

Visit mrlcompanies.com or call 1-877-399-8886. For further information and to register for a seminar today!

MRL
GROUP OF
COMPANIES

B.C. firm to build high-speed boats for coast guard

The federal government has awarded a \$5-million contract to a Delta, B.C., company to build 25 high-speed boats for the Canadian Coast Guard. The rigid-hull inflatable boats can attain speeds of 50 knots. **THE CANADIAN PRESS**

Report counts oilsands 'real' cost

Alberta greenhouse gas emissions higher than some countries, it says

Alberta's oilsands produce more greenhouse gas emissions than some European countries and will produce more than all of the world's volcanoes in just 11 years if the pace of development continues, says a new report.

The report Dirty — How the tar sands are fuelling global climate change, is set to be released today.

Greenpeace commissioned author Andrew Nikiforuk, a business and

"The emissions are bigger than Estonia and Lithuania right now and in 2020 will be larger than countries like Belgium, Austria, Ireland and Denmark."

Andrew Nikiforuk, report's author

environmental reporter, to write the report.

"Nobody in Canada wants to talk about the scale issues," he said. "The emissions are bigger than Estonia and Lithuania right now and in 2020 will

be larger than countries like Belgium, Austria, Ireland and Denmark."

The report documents the "real" cost of the oilsands, which Nikiforuk

says is the world's largest energy project. "The major energy projects in the Middle East ... they don't come anywhere near — none of them approach the scale and capital intensity of the oilsands."

The report says almost \$200 billion has been or will be invested in the projects in north-

ern Alberta, and that includes not only the oilsands, but pipelines, refinery expansions and associated infrastructure.

It adds that the liabilities are a nearly threefold increase in greenhouse gas emissions, enormous amounts of natural gas used and wasted to produce synthetic oil from bitumen and the "economic nightmare" of carbon capture and storage.

THE CANADIAN PRESS

Canada Post gets marching orders

CHARTER The federal government has issued new marching orders for the post office that call for reasonable postage and that letters be delivered within Canada in less than a week. The Service Charter outlines its expectations for Canada Post.

The cabinet minister

who announced the charter,

Postage

• The Canada Post charter promises "fair and reasonable" postage rates. But the news release didn't say whether the government believes the current 54 cents to send a letter in Canada and 98 cents for mail to the U.S. is reasonable.

The news release announcing the charter says the federal government is maintaining a moratorium on the closure of rural post offices.

The charter expects Canada Post to deliver letters within a community in two business days, within a province in three business days and between provinces in four.

THE CANADIAN PRESS

Investors mark start of meltdown year ago

ANNIVERSARY Investors will be looking backwards to go forward this week on the stock markets, as they mark the one-year anniversary of the collapse of Lehman Brothers, which signalled the start of the rapid economic downturn.

And while many might still be nursing their wounds, a reflection on the past could inspire further optimism. "It could've turned out much worse, especially when you look at where we were in December and January," suggested Doug Porter, deputy chief economist at BMO

Nesbitt Burns.

"Investors are just becoming more convinced that the global economy is recovering faster than anyone

Friday markets

- The S&P/TSX index ended Friday ahead 236 points for the week at 11,253.23.
- Wall Street launched its own climb with the Dow Jones pulling off its best week in a month to close Friday at 9,605.41.

Porter suggested that investors have been pushing forward and becoming "increasingly emboldened," so much so that he thinks they might buck the usual fall trend of market pessimism.

THE CANADIAN PRESS



EU sounds warning over protectionism

OPEL SALE The European Union's competition commissioner, Neelie Kroes, has warned she will take action if there is proof of any protectionism in the sale of General Motors Co.'s European unit Opel.

The Belgian government has already said it wants the EU Commission to investigate the deal amid concern that Germany allegedly sought to protect its own plants at the cost of others. Under the agreement, the plant in Antwerp will likely be wound down while all the German plants would survive.

"State support should not be subject to noncommercial conditions such as the location of investments and restructuring measures."

Kroes's remarks were published in today's edition of De Tijd.

GM announced Thursday that Opel would be sold to Canadian auto-parts maker Magna and Russia's Sberbank, a solution Germany had pushed for.

THE ASSOCIATED PRESS



RBC Direct Investing™

Confidence is always a great investment.

Practice online investing without using real money.

Get started at
rbcdirectinvesting.com/practice



CREATE
A FUTURE WITH PEACE OF MIND

TSX COMP 8126.30

S&P/TSXV 684.3

TSX 46.13

Rubens Barrichello yesterday picked up his second win in three races to lead a Brawn GP 1-2 finish at the Italian Grand Prix. Barrichello and teammate Jenson Button both made the podium thanks to one-stop strategies to lead the sweep at the Monza circuit. Kimi Raikkonen of Ferrari finished third. **THE ASSOCIATED PRESS**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Move raises questions for men's national team

It's Called Football

Ben Rycroft



metronews.ca/itscalledfootball

Friday marked a special day for Canadian fans of the beautiful game.

Our country's best player — arguably the most talented in North America at present — decided to return home in the prime of his career to play club soccer.

In any other country, such a move would have been heralded as a resounding success. So, why has there been so much grumbling about Toronto FC's signing of defensive-midfielder Julian de Guzman?

The consensus among those who don't wear the TFC strip religiously is that the quality of the Canadian national team will diminish if our top-flight players begin to regularly seek out MLS with its larger paychecks and lower level of play.

Top-level talent needs to play top-level competition to maintain its edge and, in the absence of it, quality players will rest on their laurels, content to ride out their careers and collect their dollars.

It's an argument without much cause. American fans made a similar case in the late 1990's as MLS came on the scene. If American players, the argument went, were given a domestic op-

tion, they would never strive for more and the quality of play would drop off. Ultimately MLS has had the opposite effect. American players still seek to play overseas, but those who play domestically make up a third of the U.S. national squad. The U.S. hasn't missed a World Cup since 1990.

There is another issue that has some concerned: The belief that TFC doesn't have the best interests of Canadian soccer at heart. At this year's Gold Cup, Canadian players Dwayne DeRosario, Adrian Serioux and Jim Brennan all opted to stay home with the club.

In a year in which the Gold Cup didn't really matter (qualification for the Confederations Cup was not at stake) it's certainly acceptable for players to make that choice.

But what are troubling are the suggestions, made to me by more than one agent, that two of those players received a bonus from TFC for having stayed with the team.

If true, it sets a dangerous precedent. With Vancouver joining MLS in 2011 and Montreal likely not far behind, the success of our national team will be linked more than ever to domestic clubs. If teams put their own petty interests ahead of the national game, it will undermine all that is being done to grow soccer here — and that includes bringing players like Julian de Guzman home.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

Opening up front

Oilers look to find left-winger for top line

The spot in the lineup
Dany Heatley didn't want is probably the one that will be most hotly contested by the time the Edmonton Oilers break training camp.

That would be left wing on Edmonton's first unit alongside centre Shawn Horcoff and right-winger Ales Hemsky. That position was earmarked for Heatley when GM Steve Tambellini dealt Dustin Penner, Andrew Coglian and Ladislav Smid to the Ottawa Senators, only to have Heatley nix the trade by refusing to lift his no-movement clause.

With Heatley in San Jose after Saturday's deal with the Senators, head coach Pat Quinn and associate Tom Renney began audi-

"That's why you have training camp."

Ales Hemsky

tions for the spot when camp opened at Rexall Place Sunday, giving Patrick O'Sullivan the first crack at it.

He won't be the last. "That's why you have training camp, to find the best fit for each line," said Hemsky, who led the team with 66 points last season. "It's tough to say now. We'll see. We've got a lot of games."

"The last couple years, we've switched around a lot of guys. For sure, it would be nice to find some fits for

the lines so we can start the season like that.

The Oilers never found that fit for Horcoff and Hemsky last season, one in which they missed playoffs for a third straight year. They tried Erik Cole, Penner and O'Sullivan, among others, without prolonged success.

That's pretty much been the story since Ryan Smyth, the last regular left-winger on the line, was dealt to the new York Islanders at the 2007 trade deadline.

O'Sullivan, who joined the Oilers from Los Angeles at the deadline last season, Penner and Mike Comrie, back in Edmonton after signing as an unrestricted free agent last Thursday, will get a look.

THE CANADIAN PRESS

Favre leads Vikings to win

NFL ROUNDTUP Brett Favre threw a six-yard touchdown pass to rookie Percy Harvin in his debut with the Vikings, and Adrian Peterson scored three touchdowns as the Vikings beat the Cleveland Browns 34-20.

Making his 270th consecutive start after returning from his second retirement, the 39-year-old Favre showed he can still fire the football with authority.

Elsewhere it was: New Orleans 45 Detroit 27; Denver 12 Cincinnati 7; Philadelphia 38 Carolina 10; New York Jets 24 Houston 7; Baltimore 38 Kansas City 24; Dallas 34 Tampa Bay 21; Atlanta 19 Miami 7; Indianapolis 14 Jacksonville 12; New York Giants 23 Washington 17; San Francisco 20 Arizona 16; Seattle 28 St. Louis 0; and Green Bay 21 Chicago 15.

THE ASSOCIATED PRESS

Clijsters caps comeback with title

U.S. OPEN Kim Clijsters has won the U.S. Open in just her third tournament back after 2½ years of retirement and 18 months after the birth of her daughter.

The unseeded, unranked Belgian beat No. 9 Caroline Wozniacki of Denmark 7-5, 6-3 last night to become the first mother to win a Grand Slam title since Evonne Goolagong Cawley at Wimbledon in 1980.

Roger Federer will face Juan Martin del Potro for the men's title tonight. Federer beat Novak Djokovic in one semifinal yesterday, while del Potro beat Rafael Nadal.

THE ASSOCIATED PRESS



Kim Clijsters returns a shot to Caroline Wozniacki during the women's singles final at the U.S. Open yesterday. Clijsters won 7-5, 6-3 to take the title.

Look great. Feel great. Lose weight.

9 WEEKS FOR \$99

Lose up to 20 lbs, guaranteed!

Call for your free, no-obligation consultation

1-800-322-1643

*See in-store for details. Offer available until October 10, 2009. Herbal Magic © 2009. All rights reserved.

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

Apartment Finder

To advertise contact Yvonne Markey at 780-701-0347

realstar management

UNDER NEW MANAGEMENT

PARK SQUARE APARTMENTS
10001 BELLAMY HILL

1+den & 2bd air conditioned suites with in-suite laundry, and modern décor. Heat and water included, fitness facility. Convenient downtown living!

780-423-3540 | www.realstar.ca

CONNECT
HOME INNOVATIONS INC.
"Smart Homes for Intelligent Living!"

Home Theatre and Flat Panel TV Experts:

Building a new home? Call us for our expert advice in design and installation!

17313 - 107 Avenue NW | 780.484.8300

Quality. Guaranteed.

Introducing the 60-Day Satisfaction Guarantee.*

If you don't absolutely love your new Chevrolet Malibu, we'll take it back. But here's why we're sure you won't want to: Winner of the 2009 Consumer Digest Best Buy Award. Better highway fuel efficiency than Toyota Camry and Honda Accord.* 5-Star Safety Rating.†

The best coverage in Canada – 5 Year/160,000km powertrain component warranty including roadside assistance and courtesy transportation.‡



Chevrolet Malibu



CHEVROLET
MAY THE BEST CAR WIN.

chevrolet.gm.ca

‡Return between 30-60 days with less than 4,000km. Vehicle usage fee and other restrictions apply. Take retail delivery by 11/30/09. The Best Buy seal is a registered trademark of Consumers Digest Communications, LLC, used under licence. *2010 2LT and LTZ Chevrolet Malibu with 6 speed automatic transmission and 2.4 L Ecotec engine. Comparison excludes Camry hybrid. Based on 2009 Natural Resources Canada Fuel Consumption Guide. Your actual fuel consumption may vary. †Five-star safety ratings for the driver and front passenger seating positions in the frontal crash tests, and for the front and rear seating positions in the side-impact crash test. U.S. Government ratings are part of the National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (NCAP) (safercar.gov). ‡Whichever comes first, see your dealer for details.

Last week, Niagara College introduced a new logo and wordmark, which includes a blue circle "nc" icon and a supporting logo with the phrase "my nc." The college's new tagline is "Applied Dreams." **METRO NEWS SERVICES**

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

U of T calls for universities to pay up

Beginning Oct. 1, the University of Toronto will require library users from other universities in Canada to pay a fee of up to \$200 per year for using its library services. The move is drawing criticism from some graduate students who rely on U of T's rare and extensive book collection, saying they are already strapped for cash. One professor called the decision a breach of an accord that permits students, faculty, and staff from universities across the country to use library resources. **TORSTAR NEWS SERVICES**

Taking 'green' to the top

Green Garage founder can make your roof a living plant oasis

OddJobs

Diane Peters

Metronews.ca/oddjobs



real." He didn't know what that was, but he'd always loved architecture and design and knew the design program AutoCAD. His garage was about to fall down and he called around trying to find someone to help him put a green roof on it. No one would work in such a small space.

So he spent the summer of 2006 rebuilding the garage and equipping it with a roof garden — the roof tilts slightly so he can see the greenery from the third floor of his house.

The blog he wrote about the project garnered interest. So that winter he took some home renovation courses at nearby George Brown College and then launched Green Garage and began installing green roofs on everything from sheds to houses.

For existing buildings, Viebrock starts by having an engineer assess the structure to see if it can withstand a minimum of



Seen here are some green roof gardens that Colin Viebrock and his company, Green Garage, have installed.

three inches of soil. (When Viebrock designs the building, he makes it tough enough to take six inches.)

Viebrock then builds up the garden in layers, including a waterproof membrane, small rocks or

gravel (for drainage) and an irrigation drip line.

Then comes a special lightweight soil that's a mix of compost and crushed stones and brick, which he carried up on the roof by hand using a ladder.



Finally, Viebrock puts in the plants — he's always experimenting to find a bigger variety that will grow on roofs.

He returns for a few visits after an install to check on the roof and do some weeding. Within about two years, garden fully fills in and needs little maintenance.

For small jobs, Viebrock will work alone using a

rented van, but he'll hire a team for larger projects.

He can build a roof garden almost any time of year, but the final planting happens in just the fall and spring.

In the winter, Viebrock keeps busy doing interior designs and renovations.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

EMPLOY
Abilities

Access to Success

EmployAbilitiesYouth Skills Program
For youths between ages 15 – 30

(Youth with Mental Health concerns and Barriers to Employment)

19 week program includes:

- Personal life management
- Employability skills
- Job search techniques
- Computer skills
- Work placements

Living allowance available
for eligible participants and
much more!

Special Features

- Physical Activity
- Nutrition & Wellness

COMPLETION
BONUS
\$ 500.00

This program is funded by the Government of Canada
For details contact: Chandra: (780) 945 – 4636

Canada

Start date: October 19th, 2009

ADVENTURE! Teach English Overseas

TESOL Certified in 5-Days
In-Class or Online NO DEGREE REQUIRED!
1-888-270-2941

FREE Info Seminar Every Tuesday @ 7pm
Job Guaranteed
10037B-82 Ave.



globaltesol.com



learn how you
can turn income tax
into income

H&R Block's Tax Training School is a hands-on course offering high quality training from our knowledgeable tax associates. Learn how to prepare your taxes, and how you could make extra money preparing them for others. Imagine a seasonal full or part-time job that works to your schedule, allowing you the freedom to enjoy life both in and out of the office. Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.

reuniting Canadians
with their money

H&R BLOCK

*Enrollment restrictions may apply. Enrollment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block. © 2008 H&R Block Canada Inc. C017334

Getting stay-at-home moms back to work

JON TATTRIE
for Metro Canada



As spouses lose jobs and the pressure mounts to bring in money, the recession is forcing some stay-at-home parents back into the workforce sooner than expected.

"They're dealing with the fact that their education is now old, their skill set is often not up to par, particularly as to do with computers," says Anne Brunelle, an employment counsellor at Times Change Women's Employment Service, a not-for-profit organization based in Toronto. "It's a matter of figuring out what skill set they have been working on as stay-at-home moms that they can transfer into the workforce."

Jumping back into work after a decade or more can be scary. "They (may have been) expecting eventually to go back, but they thought they could take a

bit of time. Then their spouse loses a well-paying job and they both end up looking for survival jobs so they can keep the house and keep the kids fed," Brunelle says.

Many stay-at-home parents have been involved in volunteer work through sports their kids are involved in, or may have written newsletters for the school or helped with fundraising. These are "transferable skills" that can spruce up a dusty resumé.

"We have a career-planning workshop ... where women tell the stories of tasks they've done and then the rest of the group tells them what they saw as skills and accomplishments," she says.

"For women who are desperate in the short term, we figure out what they can do that is not so skilled. How can they sell themselves as someone who works at a grocery store, even though that wasn't

what they had done before and they may be well overeducated for it?" she says. "It can be very difficult to say, 'I've been a librarian and have my master in library sciences, but they no longer recognize what I've got. I have to do something; do I end up working in a book store where I used to run a library?'"

Once the basic fiscal emergency has passed, parents can use courses at colleges or public libraries to update their computer skills. Many clients Brunelle sees don't have email accounts: Get one, or you'll look outdated.

"The Facebook account you share with the kids isn't enough," she says. Then, look at furthering education. "While employers may not recognize a 15- or 20-year-old education, education institutes sometimes will."

That can slingshot you back into a career path that is satisfying — and pays the bills.




**CANADIAN LIVER FOUNDATION'S
MASQUE**

**Friday, September 25, 2009
Muttart Conservatory**

Come to the newly renovated Muttart for a fun casino. You'll be served by our butlers, play games and must more.

Tickets are **\$90 each**. (\$1000 in fun money, \$45 tax receipt & souvenir photo)

Order your tickets
Phone: Carmen at 780-444-1547
Email: CBoyko@liver.ca



CANADIAN
LIVER
FOUNDATION



FOUNDATION
CANADIENNE
DU FOIE

www.liver.ca



McDonald's®
is Proud
to Sponsor
Promoter of
the Week

i'm lovin' it®

Ken K.
BELVEDERE LRT

CONGRATULATIONS

Promoter will
receive a **McDonald's**
gift certificate



Do it daily.

LEADING THE FUTURE

ALBERTA MBA
INFO SESSION

SATURDAY, SEPTEMBER 19
10:30 am 5th Floor, School of Business, Main Campus

*Financial Times of London ranks the Alberta MBA
Program in the Top 100 Globally*

#1 program in Canada for
Value for Money, Aims Achieved, Career Progress.

MBA/MFOR 2008

DAN STICKNEY
SENIOR ASSOCIATE, SUSTAINABLE
BUSINESS SOLUTIONS
PRICEWATERHOUSECOOPERS LLP

My experiences during the MBA were nothing short of phenomenal: first-class instruction and support, international competitions and study tours, and endless networking opportunities to name only a few. Before I knew it, I had already started my next career prior to graduation.



RSVP TO 780-492-3946
WWW.MBA.NET

UNIVERSITY OF ALBERTA
SCHOOL of BUSINESS



Baby on the way for Brady
Tom Brady is finally talking about the good news: Wife Gisele Bündchen is, indeed, pregnant. In an interview on ESPN's SportsCenter, the 32-year-old quarterback reveals that the couple expects its baby-on-the-way in December. **PEOPLE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



Role revival

Johnny Depp has confirmed he's sailing back to the Pirates of the Caribbean franchise by appearing as Captain Jack Sparrow at Friday's D23 Expo in Anaheim, Calif. **FEMALEFIRST.CO.UK**

Back from the dead

Matt Damon is alive, well and promoting new movie

PHIL BROWN
for Metro Canada

Contrary to news circulating on the internet, Matt Damon is not dead. He's very much alive and was laughing about the ridiculous rumour at a TIFF press conference.

"I don't know why that happens. That's a really reckless thing to do. I had to call my parents and

everything," said the actor. "I got forwarded the story and when you read it, it just gets sillier and sillier."

"By the end the guy who is supposed to be my agent is quoting the lyrics from the Fresh Prince Of Bel-Air. And yet my publicist got all these phone calls from very reputable sources. CNN called, the Boston Globe called. It was crazy."

Fortunately the living Damon was able to visit

Toronto to promote The Informant, a new collaboration with director Steven Soderbergh in which the actor plays a bi-polar executive whistle-blower who awkwardly goes undercover for the FBI.

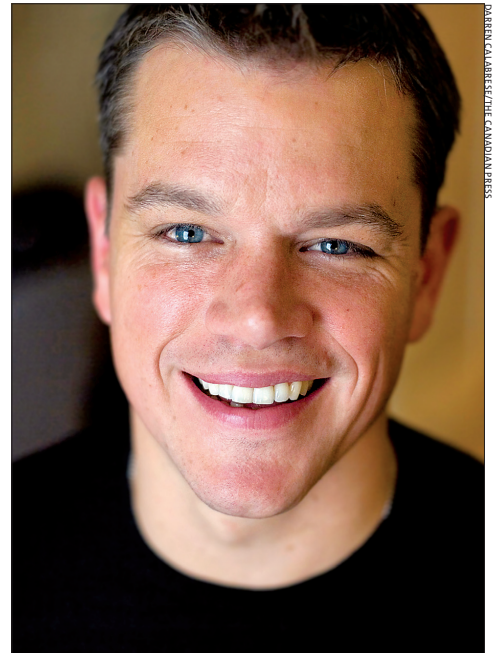
It's one of the actor's finest performances and one that he gained 30 pounds for a la Robert DeNiro in Raging Bull.

"I sent (Steven Soderbergh) an email about two months before we were going to make it asking, 'What do you want this guy to look like physically?' He just wrote back 'doughy,'" revealed Damon. "The rational was that Steven didn't want any hard edges on the character. He wanted him undefined as a metaphor for his personality. Of course, I only found out when I got there. I didn't question it. I just started

eating," joked the actor.

Matt Damon relished his physical change for the film. "It felt fantastic. I just ate whatever I wanted and thought about nothing but the screenplay and the other actors," said Damon. "It was really nice to not think about anything else, compared to a Jason Bourne movie where I come home from work and have to go straight to the gym. It takes too much time away from my family. I just prefer to eat."

The physical change pays off dividends in an almost chameleon-like performance from Damon. The actor's strong work is the centerpiece of a movie that Damon revealed he and Soderbergh had been toying with for years. "Scott Burns wrote it seven years ago and we've been sitting on it. We would refer back



Matt Damon is promoting new film The Informant.

to it once or twice a year and we'd examined it enough to know that all the answers we needed were in the actual text when we started shooting. It was almost like doing a play."



NOW PLAYING IN THEATRES
A PAIR OF RUN OF ENGAGEMENT
PASSES TO SEE

WHITEOUT!

1 LUCKY WINNER WILL WIN A
CANADA GOOSE PARKA AS SEEN IN THE FILM!

ENTER FOR YOUR CHANCE TO WIN!
metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes September 18, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca



Fey wins Emmy for Palin mimicry

Tina Fey received an Emmy Award for her impersonation of Republican vice-presidential contender Sarah Palin on the TV comedy show Saturday Night Live.

Accepting her trophy for best guest actress in a comedy, Fey thanked SNL producer Lorne Michaels and her parents, "who are life-long Republicans, for their patience."

She was honoured at the Creative Arts Primetime Emmys, which recognize

technical and other achievements for the 2008-09 season and preceded next weekend's main ceremony. Fey has the chance for more awards: She could repeat last year's win as best actress in a comedy series for 30 Rock, and the show also could again claim top comedy honours.

Justin Timberlake was another SNL winner Saturday, honoured as best guest actor in a comedy series.

On the drama side, Michael J. Fox won the

guest actor award for his turn on Rescue Me, and Ellen Burstyn was honoured as best guest actress for Law&Order: Special Victims Unit. "I always wanted one of these," Burstyn said, winning her first Emmy after being nominated five times.

Neither Timberlake nor Fox were on hand to accept.

Kathy Griffin was host of the ceremony, her trademark outrageous humour intact with risqué jokes and filmed bits.

THE ASSOCIATED PRESS



Tina Fey

BIG COMEDY BIG LAUGHS

YJ BIG FUN WEEKNIGHTS

MON-THURS 8PM E/P

FROM THE BEGINNING

EVERYBODY HATES CHRIS

8:30PM E/P

FROM THE BEGINNING

8 SIMPLE RULES

FOR DATING MY TEENAGE DAUGHTER

9PM E/P

WHAT I LIKE ABOUT YOU

9:30PM E/P

MALCOLM IN THE MIDDLE

8PM E/P

You don't know Jack

Jack Osbourne swears at girls when they flirt with him. The Adrenaline Junkie host hates it when women he doesn't know try to speak to him and will shout expletives at them until they leave. **FEMALEFIRST.CO.UK**



Gekko gets wild reactions, Douglas says

TIFF TALK Michael Douglas says he's amazed that his Wall Street character Gordon Gekko has become so iconic.

Douglas, 64, is currently reprising the role for a Wall Street sequel. Directed by Oliver Stone, it co-stars Shia LaBeouf, Josh Brolin and Frank Langella.

The actor says the reaction to Gekko is "the wildest thing he's ever seen" and joked that he's often approached by drunken investment bankers who want to discuss the character. He says there's a good reason to do a sequel based on what's happened in the world over the last two years.

Douglas made the comments at the Toronto International Film Festival, where he's promoting Solitary Man, a black comedy in which he plays a troubled car dealer struggling to come to terms with his mortality.

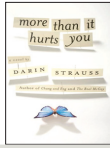
Next spring, Douglas says he's making a Liberace biopic. He says he'll portray the flamboyant pianist. **THE CANADIAN PRESS**

In search of husband



The Wife's Tale
Authors: Lori Lansens
Publisher: Knopf Canada
Price: \$29.95 (Hardcover)

Mary Gooch has grown unhealthily helpless in Leaford, Ont., drifting from her husband, decaying at a tedious job and depressed by her constant struggle with weight as a result of excessive eating. On the Gooch's 25th wedding anniversary, Mary's husband suddenly goes missing, forcing her to find the courage she's never had to muster. Mary takes a plane to Los Angeles, Calif., spurring a cross-country trip to find her missing high school sweetheart. In the process, Mary discovers herself, introduced to social and cultural differences that change her outlook on life and mobilize her to overcome her obesity.



More Than It Hurts You
Author: Darin Strauss
Publisher: Plume
Price: \$18.50 (Paperback)

Long Island, N.Y., salesman Josh Golden's family and entire judgment system are shattered the day his eight-month-old son Zack is rushed to hospital. The infant had very recently suffered serious, unexplainable symptoms, but pediatric head Dr. Darlene Stokes places diagnosis instead on Josh's wife Dori, suspecting she has Munchausen syndrome. The ailment pinpoints the parent as the cause of injury in order to gain attention, shocking Josh. Suddenly, he's pitted against his wife, lawyers, media and the state, caught up in a battle for his son, coloured by his own racial and class-based biases.



The Settler's Cookbook
Author: Yasmin Alibhai-Brown
Publisher: Protobello Books
Price: \$29.95 (Hardcover)

In Yasmin Alibhai-Brown's succulent new memoir, the multicultural commentator traces her heritage in terms of travel and the tongue. Her 19th century ancestors left India for East Africa to pursue work, then were forced from Uganda as part of an Asian purge in 1972 and finally settled in the U.K. Their historically transitioning sense of home is expressed through cultural variations on food. Alibhai-Brown has experienced, acting as equal parts family biography and cookbook. From hot mango marmalade to Jena's Shepherd's Pie, Alibhai-Brown brings readers on a palatable journey through the past. **BRIAN COULTON/ FOR METRO CANADA**

Book Picks

Box office

Following are the top 10 films at the North American box office for the weekend beginning Sept. 11, according to studio estimates:

- 1 Tyler Perry's I Can Do Bad All By Myself:** \$24.03 million US
 - 2 \$9.9 million**
 - 3 Inglourious Basterds:** \$6.5 million
 - 4 All About Steve:** \$5.8 million
 - 5 The Final Destination** \$5.5 million
 - 6 Sorority Row:** \$5.3 million
 - 7 Whiteout:** \$5.1 million
 - 8 District 9:** \$3.6 million
 - 9 Julie & Julia:** \$3.3 million
 - 10 Gamer:** \$3.15 million
- THE ASSOCIATED PRESS**

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Entertainment in brief

TIFF TALK Oprah Winfrey says audiences shouldn't be daunted by the dark subject matter of her latest film project. Winfrey is the executive producer of Precious: Based on the Novel

Push by Sapphire, which is screening at the Toronto International Film Festival. It's about an obese Harlem teen who is the victim of repeated sexual abuse. **THE CANADIAN PRESS**

YOU COULD WIN

A PAIR OF ADVANCE SCREENING PASSES TO SEE

ENTER FOR YOUR CHANCE TO WIN!
metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes September 18, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

critics'corner

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/14/09	2	CFRN	239 318	etalk	Hollywood	CSI: Miami "Seeing Red"	America's Got Talent The remaining eight acts perform.	America's Got Talent The remaining eight acts perform.	America's Got Talent The remaining eight acts perform.	CTV News		
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Comedy Fest.	Comedy Fest	CBC News: The National	The Hour	
	4	CBXT	- 307	Wheel-Fortune	Jeopardy! (N)	The Doctors	How I Met	How I Met	How I Met	TwoHalf Men	Big Bang Th	CSI: Miami
	6	KREM	- 372	News	Hollywood	The Jay Leno Show (N)	Conviction Kitchen	Law & Order: UK	Law & Order: UK	Your City	News Hour	Metropia
	7	CKEM	241 347	Law & Order: SVU		Melrose Place "Pilot"	Omni News: Cantonese Edition	The Simpsons	The Simpsons	King		
	8	CTV	240 339	ET Canada	Entertainment	Entertainment	The Insider (N)	TwoHalf Men	TwoHalf Men			
	11	OMNI	-	TwoHalf Men	The Simpsons	Entertainment	The Insider (N)	TwoHalf Men	TwoHalf Men			
	13	KKLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	TwoHalf Men	TwoHalf Men			
	16	KAYU	- 373	The Simpsons	Raymond	Rick Steves' Romantics' Europe	Paving the Way: National	Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N)	
	22	KSPS	- 374	NewsHour With Jim Lehrer		Conspiracy Files Lockerbie	EarthWatch One	CBC News: The National	CBC News: The National			Conspiracy
	24	WTVS	- 364	History Detectives		Anderson Cooper 360 (HDTV)	CTV News	CTV News	CTV News	Larry King Live	Cooper 360	
	21	CBCN	502	-	CBC News: The National	EarthWatch One	Business News	Berman's Call	Market Call Tonight	Headline	MoneyTalk	Squeeze Play
	25	TWN	505 398	(5) EarthWatch One		(8:15) NFL Football San Diego Chargers at Oakland Raiders. (HDTV) (Live)	Sportsnet Con.	MLB Baseball Pittsburgh Pirates at Los Angeles Dodgers.				Sportsnet Con.
	20	TSN	400 400	NFL Football: Bills at Patriots		Barrett-Jackson	Car Crazy (N)	Pass Time	This Week in NASCAR (HDTV)			SuperCars
	23	net	408 418	MLB Baseball		Score Now	24/7	WWE Monday Night Raw				
	47	SPED	417 406	SuperCars	SuperCars	Gossip Girl	Malcolm-Mid.	Hates Chris	What I Like	The Next Star		
	94	SCORE	410 403	(7:15) WWE Monday Night Raw		Gossip Girl (N)	8 Simple Rules	What I Like	The Next Star			
	9	EDACC	267 351	Alberta Primetime (Live)		Malcolm-Mid.	Hates Chris	What I Like	The Next Star			
	14	TV	552 543	Carly	True Jackson	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!		
	17	TREE	553 546	Little Bear	Bucket-Dinos	Total Drama	6TEEN	King of the Hill	American Dad			
	42	TOON	555 545	Jimmy Two	Johnny Test	Wizards-Place	Han. Montana	Wizards-Place	Life Derek	Ned's School		
	45	FAM	557 541	Zoe 101	Life Derek	La Classe de Se (N)	Highlights	Canadian Country Music Awards	Intervention "Jason"	Intervention		
	-	TVA	121 714	TVA nouvelles	Le Cercle (SC)	Highlights	Highlights	Highlights	Highlights	Highlights		
	18	CMT	575 583	Country Music Awards		Highlights	Highlights	Highlights	Highlights	Highlights		
	25	A&E	615 520	Intervention (HDTV) (N)		Highlights	Highlights	Highlights	Highlights	Highlights		
	26	MMM	571 581	Wild 'n Out	Wild 'n Out	Highlights	Highlights	Highlights	Highlights	Highlights		
	29	FOOD	603 561	Top Chef: Las Vegas		Highlights	Highlights	Highlights	Highlights	Highlights		
	31	SHO	617 522	Trailer Park	Trailer Park	Highlights	Highlights	Highlights	Highlights	Highlights		
	32	DISC	520 505	Junk Raiders (N)		Highlights	Highlights	Highlights	Highlights	Highlights		
	33	SLICE	601 562	Re-Vamped Sore and tired.		Highlights	Highlights	Highlights	Highlights	Highlights		
	34	W	602 567	House-Sell	Style by Jury	Highlights	Highlights	Highlights	Highlights	Highlights		
	35	TLC	521 560	Jon & Kate	Jon & Kate	Highlights	Highlights	Highlights	Highlights	Highlights		
	36	BRAVO	620 523	(6:30) Standing in the Shadows of Motown		Highlights	Highlights	Highlights	Highlights	Highlights		
	38	SPIKE	628 584	(6:30) UFC Fight Night		Highlights	Highlights	Highlights	Highlights	Highlights		
	40	AHC	-	(6) My Girl *** (1991, Drama)		Highlights	Highlights	Highlights	Highlights	Highlights		
	49	HST	522 506	Battles BC (N)		Highlights	Highlights	Highlights	Highlights	Highlights		
	41	COM	626 547	Just for Laughs		Highlights	Highlights	Highlights	Highlights	Highlights		
	43	SPACE	627 528	Mr. Arthur Conan Doyle's The Last World *** (1998)		Highlights	Highlights	Highlights	Highlights	Highlights		
	44	WPCH	294 650	The Manchurian Candidate *** (2004, Suspense) Denzel Washington.		Highlights	Highlights	Highlights	Highlights	Highlights		
	46	OLN	411 457	Survivorman		Highlights	Highlights	Highlights	Highlights	Highlights		
	48	TROP	619 525	Carlawood	Carlawood	Highlights	Highlights	Highlights	Highlights	Highlights		
	50	STAR	621 527	The View (HDTV) (N)		Highlights	Highlights	Highlights	Highlights	Highlights		
	52	HGTV	600 584	Marriage	My First Place	Highlights	Highlights	Highlights	Highlights	Highlights		
	65	TLN	700 800	(6) Il Padrino Parte III		Highlights	Highlights	Highlights	Highlights	Highlights		
	92	APTN	269 505	Metcom	La Voix Mechif	Highlights	Highlights	Highlights	Highlights	Highlights		
	93	VISION	261 394	McLeod's Daughters		Highlights	Highlights	Highlights	Highlights	Highlights		
	100	MTV	581 566	The Real World		Highlights	Highlights	Highlights	Highlights	Highlights		
	101	MM	570 580	So You Think You Can Dance Canada Top 16.		Highlights	Highlights	Highlights	Highlights	Highlights		
	102	CPAC	512 396	(6:30) Primetime Politics		Highlights	Highlights	Highlights	Highlights	Highlights		
	103	RDI	126 730	Le Téléjournal (SC)		Highlights	Highlights	Highlights	Highlights	Highlights		
	161	SUPER	-	To Be Announced		Highlights	Highlights	Highlights	Highlights	Highlights		

Junk Raiders

In this new series, though, lots of people's trash becomes someone else's home. Armed with \$5,000 and mad trash-picking skills, a group transforms an old factory space into a functional and attractive loft for living and working — using items other people have thrown out. You'll pick up some ideas for reusing old stuff. 7 PM on DISC



Intervention

The phrase "a very special episode" is worn out by now, but this hour — titled "Intervention in Depth: Addiction in Uniform" — definitely qualifies with its depiction of three Iraq veterans who have fallen into substance abuse as a result of their wartime experiences. 7 PM on A&E

How I Met Your Mother

After Ted nearly kills himself pulling an all-nighter to attract business, he starts to wonder if he should explore other career options. Marshall tries to lure Ted to the roof for a surprise 31st birthday party in "The Leap." 9:30 PM on KREM



As the only male in a household of four females, Matt Damon's life is filled with love and fairy princesses. "I call it the testosterone deficit. But I'm happy with that," he told People at Friday's premiere of The Informant at the Toronto International Film Festival. **METRO NEWS SERVICES**

Celebrity Buzz

Stewart decks the halls with garlic to ward off vampires

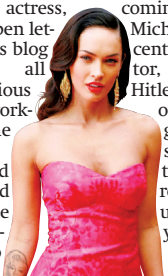
LIFE IMITATING ART Kristen Stewart is scared of vampires, femalefirst.co.uk reports. The Twilight actress, who plays Bella in the vampire film franchise, is so terrified of the mythical blood-sucking creatures that she festoons her home with cloves of garlic in an attempt to deter them.



A source told National Enquirer magazine: "People are always remarking how smelly it is, but Kristen doesn't care. She's been afraid of vampires for years, even before she signed up to do the movies, and read somewhere that garlic is supposed to repel them." **METRO NEWS SERVICES**

Transformers crew members blast 'dumb-as-a-rock' Fox

BUNFIGHT Crew members from Megan Fox's last Transformers film are lashing out at the actress, writing in an open letter on the film's blog that they've all shared "the tedious experience of working with the dumb-as-a-rock Megan Fox," and that they "had the unbearable time of watching her try to



act on set," according to Radar Online. The unidentified crew members were coming to the defense of Michael Bay after Fox recently trashed the director, comparing him to Hitler. Bay "plucked her out of obscurity thus giving her the biggest shot of any young actress's life," the letter reads. "She's as about ungracious a person as you can ever fathom."

METRO WORLD NEWS

Tila decries decision to drop charges against Merriman

INVESTIGATION Charges against Shawne Merriman alleging that he assaulted and choked girlfriend Tila Tequila have been dropped, according to the New York Daily News. "Our office has determined there is insufficient evidence to prove beyond a reasonable doubt that any crime was committed," a



police spokeswoman said in a statement. Tequila was less than thrilled with the decision. "Obviously, The San Diego Chargers' NFL franchise brings millions of dollars in revenue to the city of San Diego, and it seems clear that other interests are being served by the D.A.'s office than the upholding of the law," her publicist said in a statement. **METRO WORLD NEWS**

No Idol judging for Gaga

JUDGE NOT LEST YE BE JUDGED Lady Gaga hates TV talent shows, femalefirst.co.uk reports. The singer has no interest in being a judge on American Idol, insisting she would find it difficult to criticize



someone else's talent. She said: "I did appear on the show but I am not going to be a judge. I generally feel uncomfortable judging other artists anyway. I don't feel that a musician's life is a contest." Gaga has also slammed shows that thrust new

artists straight into the limelight, claiming they should spend time nurturing their talent. She said: "It's more about growing and struggling and playing live. It would be very uncomfortable for me to judge someone else."

A host of celebrity judges including Victoria Beckham, Shania Twain and Mary J. Blige have appeared on American Idol after Paula Abdul decided not to return for the new season. Last week, it was announced Ellen DeGeneres has replaced Paula on the judging panel, alongside Simon Cowell, Randy Jackson and Kara DioGuardi.

METRO NEWS SERVICES

Jen and Gerard keep 'em guessing

IDLE SPECULATION Celebrity romance watchers can't figure out if Jennifer Aniston and Gerard Butler are an item or not. Recently, the pair grabbed dinner in Los Angeles — with four other people. "It was not a romantic date, nor did they kiss. They didn't even sit next to each other," a source tells Us magazine. **METRO WORLD NEWS**



Celebrity tweets

Heidi Montag feels the sonic boom that hit Los Angeles, Tila Tequila calls out her critics, MC Hammer dispenses fashion advice, and Jonathan Ross feels the pangs of loss.

• @heidimontag wow did anyone else feel that blast? I just thought my house was going to collapse!!! my heart is still beating so fast!! whooo

• @OfficialTila yea...people hate on me cuz I have \$4 million dollars in the bank and more coming in. My new company has staff who used 2 work 4 bill gates.

• @MCHammer New Rule. Fat out of shape (double-belly) dudes, can't talk bad about Skinny Jeans...LOL It ain't right ya'll !!!

• @wossy Good morning/afternoon everyone. I am an idiot. I lost my iPhone yesterday! I know the phone can be replaced, but I had such a LOVELY case!



METRO WORLD NEWS

Travolta family appears at film launch

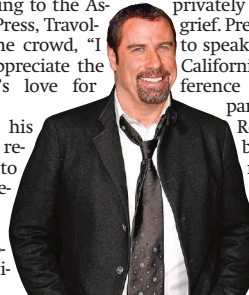
BEREAVEMENT Nine months after the death of their 16-year-old son Jett, John Travolta and Kelly Preston — with their daughter Ella Bleu — made their first public appearance together on Friday to promote their new Disney film Old Dogs, people.com reports.

Walt Disney Studios Chairman Dick Cook introduced the family during a surprise appearance for fans at the D23 Expo in Anaheim, Calif. Travolta led the way on stage, holding Ella's hand, as the family helped

Cook introduce the movie. All three appear in the comedy, which marks Ella's big screen debut.

According to the Associated Press, Travolta told the crowd, "I always appreciate the audience's love for me."

While his wife returned to work in recent months to star opposite Mi-



key Cyrus in The Last Song, Travolta has kept out of the public eye, instead flying to various locations alone to privately cope with his grief. Preston was expected to speak in October at the California Governor's Conference for Women on a panel titled Grief & Resilience but she bowed out last month saying it was "just too soon" to discuss Jett's passing.

METRO NEWS SERVICES

Surgery led to 'perfect storm': Mischa

TIME TO GET A NEW DENTIST Mischa Barton is finally telling her own side of the story of how she wound up in a psychiatric ward in July. Barton claims the pain from a botched wisdom teeth removal sent her over the edge. "It was sort of one of

those things that was like a perfect storm," Barton told Barbara Walters on the View.

"I had so much work to do and the surgery had gone so badly for me. And I think that I was just starting to feel completely over-

whelmed. It was just too much to have this surgery go so wrong."

METRO WORLD NEWS



GET A GREAT NEW CAREER IN LESS THAN A YEAR!

DIPLOMA PROGRAMS *	HEALTH CARE	Acupuncture Massage Therapy Medical Office Assistant Pharmacy Technician Early Childhood Education Advanced Massage Therapy
	TECHNOLOGY	Network and Internet Security Specialist Help Desk Support Analyst
	BUSINESS & LEGAL	Paralegal Business Administration – E-Commerce Management Professional Legal Assistant Accounting & Payroll Administrator Hospitality Management (AHLA) Travel and Tourism Oil & Gas Admin Assistant Business Administration Management Business Admin Assistant

*Not all programs available at all campuses.

REEVES COLLEGE
Guiding Your Success

REEVES EDMONTON 1-800-533-1457
WWW.REEVESCOLLEGE.CA

CDI COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

1 888-245-6567
WWW.CDICOLLEGE.CA

Ask us about our new Edmonton South location,
COMING SOON!

➤ **Financial Aid Available to Qualified Applicants**

➤ **Career Services Assistance**

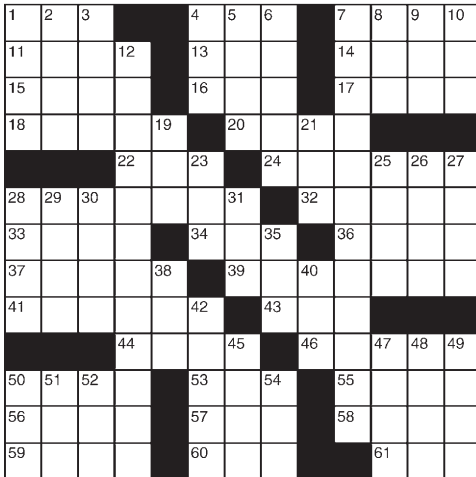
➤ **High Graduate Employment Rates**

➤ **9 Campuses in AB**

➤ **Classes Filling Fast – Call Now to Reserve a Seat**



Michele McDougall, Weather Specialist & Host - Breakfast Television
 "My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



ACROSS

- 1 Friend
- 4 Vacationing
- 7 Fried-eggs side order
- 11 Newscaster Seavareid
- 13 Winter ailment
- 14 54-Down, to a biologist
- 15 Bullets, etc.
- 16 Pitch
- 17 Abound
- 18 Church council
- 20 Phil Mickelson's game
- 22 High tennis shot
- 24 Cheered (for)
- 28 Remote, unfamiliar territory
- 32 Fret
- 33 Taj Mahal city
- 34 Joan of —
- 36 Colour quality
- 37 Sports caster
- Musburger
- 39 Judge
- 41 Spook
- 43 Thither

- 44 For fear that
- 46 Lecherous
- 50 Quaker
- 53 Exist
- 55 Tittle
- 56 Pig's sound
- 57 Schlep
- 58 Nip and —
- 59 Duel tool
- 60 "Family Guy" daughter
- 61 Popular article

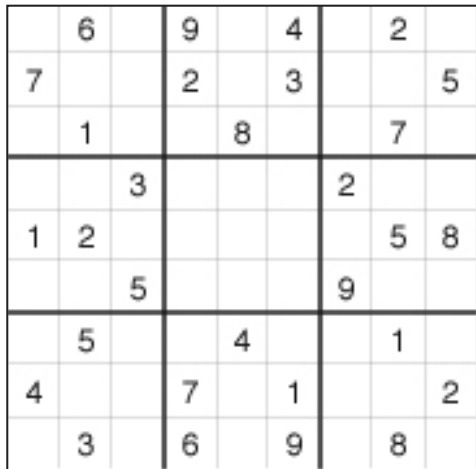
DOWN

- 1 Carrots' mates
- 2 Soldiers
- 3 Depict
- 4 Frequently
- 5 Banner
- 6 Uproar
- 7 Running fast
- 8 "Hail!" in old Rome
- 9 Take to court
- 10 "Let me think, ..."
- 12 1967 Paul Newman movie
- 19 Buck's mate
- 21 Depressed

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Halibut with Egg Sauce

INGREDIENTS:
 4 fresh or frozen and thawed halibut steaks, 1 in. (2.5 cm) thick
 1 tbsp (15 ml) butter or margarine, melted
 1 tbsp (15 ml) lemon juice
 1/2 tsp (2 ml) garlic powder
 1/4 tsp (1 ml) salt
 1/8 tsp (0.5 ml) black pepper
 Egg sauce (see below)

METHOD:

1. Preheat broiler. Rinse fish and pat dry. In small bowl, combine butter, lemon juice, garlic powder, salt, and pepper.
2. Arrange fish on lightly greased rack of broiler pan. Brush fish with half of butter mixture. Broil 5 inches from heat for 5 minutes. Using wide spatula, carefully turn fish over. Brush with remaining butter mixture. Broil 5 to 7 minutes more or until

fish flakes when tested with fork. Serve with Egg Sauce.

EGG SAUCE:

In medium-size pot, whisk together 1/2 cup (125 ml) coffee cream, 2 tbsp (25 ml) all-purpose flour, 1/2 tsp (2 ml) dry mustard and 1/8 tsp (0.5 ml) each salt and black pepper. Whisk in 1/2 cup (125 ml) chicken broth. Cook over moderate heat, whisking constantly, 7 minutes or until mixture is thickened and bubbly. Stir in 2 chopped hard-boiled eggs and 1 tbsp (15 ml) minced parsley; heat through.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
 Others may be impatient for you to commit yourself but if you are smart, you will hold back from getting involved.

TAURUS
APRIL 21-MAY 21
 Even your best-laid plans may fall apart at the seams today, so don't expect too much. Try to adopt a relaxed and forgiving attitude.

LIBRA
SEPT 23-OCT 23
 You may find it hard to control your emotions today as Jupiter, planet of exaggeration, brings out the jealous side of your nature.

SCORPIO
OCT 24-NOV 22
 Certain people are determined to find fault with your efforts and all you can do is sit tight and wait for the storm to blow over.

GEMINI
MAY 22-JUNE 21
 Don't worry too much if things don't work out as expected today because it's only a temporary setback. Have more patience with yourself.

SAGITTARIUS
NOV 23-DEC 21
 Close your ears to gossip and rumour because hardly any of what you hear over the next 24 hours will be true.

CANCER
JUNE 22-JULY 22
 No matter how much others may beg you to loosen the purse strings today you must continue to say no.

CAPRICORN
DEC 22-JAN 20
 You may be tempted to get involved in a situation that you know is none of your business. Don't do it!

LEO
JULY 23-AUG 23
 Passions will be running high today and there is no telling where they might lead, so think before you speak.

AQUARIUS
JAN 21-FEB 18
 The more others urge you to make changes the more you must resist. Sit tight. Things will get better.

VIRGO
AUG 24-SEPT 22
 Temptation will come knocking today and you will have a hard time saying no. The planets warn that if you give in, you may regret it later on.

PISCES
FEB 19-MARCH 20
 Something you have grown used to will go out of your life today but the fact is it has been taking up more space than it deserves for quite some time.

tax course
enroll NOW!
1-877-32BLOCK
 (1-877-322-5625)
H&R BLOCK

HAKIM OPTICAL
2 PAIR
\$299
 Hakim Designer Eyeglasses
 FROM \$299
 Including Single Vision and Regular Bifocals
 Regular price \$500.
back with hot looks!
UPGRADE to Polarized fix Sunglasses ONLY \$75
 See us for details.
Over 150 Discount Outlets... 110 One Hour In-Store Labs
 For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

Cellular Accessorie Sale
ALL BLACKBERRY/ACCESSORIES 30% OFF
CELL PHONE CASES FROM \$10
NOKIA BLUETOOTH HEADSETS \$20
CAR CHARGERS FROM \$15
SELECTED ED HARDY, TRUE RELIGION
CHRISTIAN AUDGIER CLOTHING 40% OFF
12528-132 Ave • 780-475-6776

Luxury. Guaranteed.

Introducing the 60-Day Satisfaction Guarantee.†

If you don't absolutely love your new Buick Enclave, we'll take it back. But here's why we're sure you won't want to: Consumer Guide's 2009 Best Buy Award. Most powerful engine in its class.* 5-Star Safety Rating.† Exceptional styling, quality and refinement. Long list of luxury features. The best coverage in Canada – 5 Year/160,000km powertrain component warranty including roadside assistance and courtesy transportation.Δ



Buick Enclave



BUICK
MAY THE BEST CAR WIN.

buick.gm.ca

†Return between 30-60 days with less than 4,000km. Vehicle usage fee and other restrictions apply. Take retail delivery by 11/30/09. Consumer Guide® is a registered trademark of Publications International, Ltd. www.auto.consumerguide.com. *Based on 2009 GM Mid-Utility crossover segment and latest competitive information available at time of printing. Excludes other GM vehicles. †Five-star safety ratings for the driver and front passenger seating positions in the frontal crash tests, and for the front and rear seating positions in the side-impact crash test. U.S. Government ratings are part of the National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (NCAP) (safercar.gov). ΔWhichever comes first, see your dealer for details.